

**Welcome meeting  
second year PhD candidates (D2)  
Doctoral School STEP'UP**

*November 14<sup>th</sup>, 2023*



<https://ed560.ed.univ-paris-diderot.fr/>

# The doctoral school

Two specialties but one single doctoral school !

## Physics of the Universe (PU)



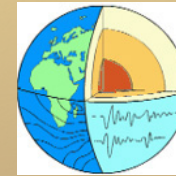
*Co-Heads of PU:*

**Alessandra Tonazzo** (APC - Univ. Paris Cité)

**Julien Bolmont** (LPNHE - Sorbonne Univ.)

**Training coordinator:** Irena Nikolic

## Earth and Environment Sciences (TE)



*Co-Heads of TE:*

**Julien Siebert** (IPGP - Univ. Paris Cité)

**Jérôme Fortin** (ENS-PSL)

**Training coordinator:** **Cécile Prigent** (IPGP)

Our administrative manager **Alissa Marteau** ([alissa.marteau@univ-paris-diderot.fr](mailto:alissa.marteau@univ-paris-diderot.fr))

**Contact of the doctoral school:** [ed560.stepup@u-paris.fr](mailto:ed560.stepup@u-paris.fr)

**In case your lab is LPNHE (SU) or ENS-Géo (PSL), please also send your mail to**

LPNHE (SU): [bolmont@lpnhe.in2p3.fr](mailto:bolmont@lpnhe.in2p3.fr)

ENS-Géo (PSL) : [fortin@geologie.ens.fr](mailto:fortin@geologie.ens.fr)

# Organisation of the doctoral school

Director : **Fabien Casse**, PR, Université Paris Cité, APC

Deputy-directors :

- **Julien Bolmont**, MCF HDR, Sorbonne Université, LPNHE
- **Jérôme Fortin**, DR CNRS, PSL, Lab. de Géologie ENS
- **Julien Siebert**, PR, Université Paris Cité, IPGP
- **Alessandra Tonazzo**, PR, Université Paris Cité, APC

Member of the board

- **Isabelle Grenier**, PR, Université Paris Cité, AIM

Training coordinators:

- **Cécile Prigent**, MCF, Université Paris Cité, Département de Géologie
- **Irena Nikolic**, MCF, Université Paris Cité, Département de Physique de l'Univers

STEP'UP Adjoint : **Alissa Marteau** ([alissa.marteau@univ-paris-diderot.fr](mailto:alissa.marteau@univ-paris-diderot.fr))

Head of the school : **Zarie Rouas**

Contact of the doctoral school: [ed560.stepup@u-paris.fr](mailto:ed560.stepup@u-paris.fr)

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Conseil de l'ED : 25 members with 5 **PhD representatives** and 8 external personalities

*IPGP: Marine Gélin ([gelin@ipgp.fr](mailto:gelin@ipgp.fr)) & Céleste Romon ([romon@ipgp.fr](mailto:romon@ipgp.fr))*

*APC : Mathias Régnier ([mathias.p.regnier@gmail.com](mailto:mathias.p.regnier@gmail.com)) & Seweng Deng ([deng@apc.in2p3.fr](mailto:deng@apc.in2p3.fr))*

*ENS: Baptiste Hulin ([hulin@geologie.ens.fr](mailto:hulin@geologie.ens.fr))*

**Doctoral school's board and council will be renewed in 2024**

# You are now in the second year of your thesis

- You have been through your 1st year !
- You have managed to go through numerous pandemics, lockdowns, international crisis, etc ... → Stay safe !
- Academic re-enrolment at university has to be done asap ! The first year CSI and interview with doctoral school board members have already taken place.
- Find informations about procedures @ <https://ed560.ed.univ-paris-diderot.fr/inscription-en-these/>

→ **Provide an institutional e-mail address to the doctoral school asap: we need to be able able to contact you anytime... (lab address or address provided by your university): Please send your e-mail address to [ed560.stepup@u-paris.fr](mailto:ed560.stepup@u-paris.fr)**

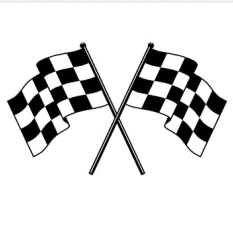
- The PhD defence is coming up in 2 years !



# The progress of your thesis

## Timeline of your PhD

- since the 1st month: "Projet de Formation Individuelle"
- after ~8 months (April/May of 1st year): 1st meeting of the CST
- after 10-12 months: end-of 1st year individual interview
- after 12 months: enrollment to 2nd year
- after 20 months (April/May of 2nd year): : 2nd meeting of the CSI
- after 22-24 months: end-of 2nd year individual interview →OK FOR RE-ENROLMENT
- after 24 months: enrolment to 3rd year
- after 30 months (April/May of 3rd year): 3rd meeting of the CSI
- after 33 months: start procedures for defence **University procedure takes ~ 3 months !!**
- after 36 months: PhD **defence** ! (followed by a doctoral oath on scientific integrity)



# The doctoral oath

- Following your PhD defence and becoming a new doctor, you are now expected to swear an oath to respect the rules of scientific integrity before the jury (and the public) in your future professional career.
- This oath is instated by an official text of law by the french ministry of higher education and research (Arrêté du 26 août 2022).
- The objective of this oath is twofold
  - to enhance the solemnity of the PhD defence.
  - to reinforce the importance of Ethics and scientific integrity in research.

« In the presence of my peers. With the completion of my doctorate in [research field], in my quest for knowledge, I have carried out demanding research, demonstrated intellectual rigour, ethical reflection, and respect for the principles of research integrity. As I pursue my professional career, whatever my chosen field, I pledge, to the greatest of my ability, to continue to maintain integrity in my relationship to knowledge, in my methods and in my results. »



# Requirements to complete your PhD

- Get training (minimu of 15 points~15 ECTS)
  - ▶ at least 1 point on **Ethics and scientific integrity (mandatory)**
  - ▶ at least 5 points for **scientific training**
  - ▶ at least 2 points for "Formation pédagogique" if you are teaching
  - ▶ Next '**Job day**' workshop should be organized during next CDD
- **Give a presentation/poster @ STEP'UP PhD Congress (CDD) this year !**
- Participate to an international conference/congress/workshop
- Present your research work (seminar, meeting, conference...)
- Produce original scientific results (that will lead to at least one publication in peer-reviewed journals)
- *The doctoral school strongly advise you to reach a C1 level in English (and a B1 level in French...)*



# Comité Suivi Individuel (CSI): second meeting

- Around april/may 2024
- You need to fill in a report with a fixed format in order to be authorized to enrol for the third year.

*Présentation orale des travaux effectués et des résultats par le doctorant. Il est conseillé au doctorant de rédiger un rapport de synthèse de 3 pages présentant les avancées de la thèse et les difficultés rencontrées ainsi qu'un programme pour l'année de travail qui reste avant la rédaction. La discussion portera sur le degré d'avancement du travail, l'aptitude et la motivation de l'étudiant pour mener son travail à terme. Le comité n'hésitera pas à discuter avec attention des questions scientifiques mais aussi des présentations écrite et orale.*

<https://ed560.ed.univ-paris-diderot.fr/comite-de-suivi-de-la-these/>

- The CSI is now mandatory **at least once every year** (see text of law from the french ministry of research - 26 août 2022).
- It is an important opportunity to address **ALL the aspects** of your thesis with external scientists (members of CSI **cannot be** referee of your thesis)
  - ▶ Scientific progress
  - ▶ Relationship with your colleagues
  - ▶ Preparing your professional future





# Trouble with the progress of your thesis ?

- If you do not feel as motivated as the beginning of your thesis...
- If you are frustrated with the progress of your work ...
- If you do not feel comfortable in your working environment..
- If you feel your thesis subject could evolve.

## TELL SOMEONE !!

- Your thesis supervisor
- Members of the CSI
- Members or head of your research team/group
- Any member from the Doctoral School (**especially during yearly individual interviews**)
- PhD representatives (see slide 9)
- Lab director or deputy or doctoral school contact.

WE ARE HERE TO HELP !

# Risks related to doctoral studies

As in any other type of working environment you have to be aware that you might be prone to

- ★ Psychosocial risks
- ★ Psychological or moral harassment
- ★ Sexual harassment

**If you have any problem of this kind**  
**→ communicate**  
**→ do not hesitate to ask for help !**

# Psychosocial risks during PhD

A PhD can cause stress due to personal involvement and the challenges of conducting original research.

Preventing stress before health problems occur helps to improve your working conditions, identify dysfunctions that hinder the progress of your PhD and optimize the quality of your research.

→ Do not hesitate to contact the Health care service from your university

UPC: <https://u-paris.fr/service-sante/>

SU: <https://service-sante-etudiante.sorbonne-universite.fr/>

PSL: <https://psl.eu/vie-de-campus/services-etudiants/le-service-sante-etudiante>

The image shows a collage of three university health service websites. The leftmost website is for the Service de Santé Universitaire (SSU) at Université Paris Cité, featuring a banner with a woman and a man and text about health exams and vaccinations. The middle website is for Santé Étudiante at Sorbonne Université, showing a close-up of hands being examined. The rightmost website is for the Service Santé Étudiante at PSL Université Paris, displaying a woman wearing a face mask and a doctor. Below the websites, there is a navigation menu with icons for various health services: Médecine préventive et générale, Gynécologie, Santé bucco-dentaire, Vaccins, Aide psychologique, Addictions, and Nutrition. At the bottom, there is a dark blue banner with the text 'À propos du SSE'.

# Different (local) levels of communication

- PhD candidates with more experience or your PhD representative(s)  
*IPGP: Marine Gélin ([gelin@ipgp.fr](mailto:gelin@ipgp.fr)) & Céleste Romon ([romon@ipgp.fr](mailto:romon@ipgp.fr))*  
*APC : Mathias Régnier ([mathias.p.regnier@gmail.com](mailto:mathias.p.regnier@gmail.com)) & Seweng Deng ([deng@apc.in2p3.fr](mailto:deng@apc.in2p3.fr))*  
*ENS: Baptiste Hulin ([hulin@geologie.ens.fr](mailto:hulin@geologie.ens.fr))*
- In some laboratories, some dedicated contact persons (eg. at LPNHE your « Parrain » or « Marraine » or mentor)
- Colleagues within your laboratory
- The head of your laboratory or research unit
- Administrative staff within your laboratory or research unit
- Your PhD advisor
- Members of the thesis committee (CST)
- Members of the Doctoral School <https://ed560.ed.univ-paris-diderot.fr/en/in-case-of-problems/>
- Chief equity officer of your university

<https://www.geosciences.ens.fr/diversite-egalite#liens>

<https://www.sorbonne-universite.fr/universite/nos-engagements/la-mission-egalite/politique-egalite>

<https://u-paris.fr/mission-egalites/>

But sometimes this is not enough...

# Prepare your professional future

Think about your goals and the strategy to achieve them

- Write rapidly your scientific papers
- Anticipate the fact that writing a PhD thesis can be quite lengthy...
- Follow the administrative procedure for the PhD defence !
- **Finish your thesis within the 3 years of your contract !!**
- Identify the next step (postdoc, job applications, etc ...)

Organise your training

- Methodology courses
- General courses (CFDiP, Collèges Doctoraux)
- Firms etc

Build your professional network

- Scientific network: conferences, meetings, websites
- Address book
- Your webpage, Linkedin etc.
- Your information on websites (ResearchGate, Google Scholar, ArXiv; ORCID/ResearchID)

**Welcome back !**